

INNOVATION

COMMUNITY

TRANSFORMATION

A NEW ERA OF FITNESS STARTS HERE

From science-backed workouts to cutting-edge recovery, Fast Fit is reshaping the future of health — one EMS session at a time.

September
2025

Real
Results.
20
Minutes.



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STAY CONNECTED & GET INVOLVED
Join The Movement, Be Part Of The Journey



MESSAGE FROM CEO



At Fast Fit, every month is a new opportunity to transform lives through innovation, dedication, and community. This August, we've seen incredible progress — from members hitting milestones to trainers pushing boundaries and inspiring change.

EMS training is more than a workout; it's a lifestyle that proves lasting results are possible even with the busiest schedules. Together, we're creating a movement that blends science, motivation, and accessibility.

Let's keep building momentum — stronger, sharper, and more committed than ever.

— Mansour Alshehry, CEO

MEMBER SPOTLIGHT



Meet Abdulaziz Albakri

Abdulaziz's journey at Fast Fit is nothing short of remarkable. When he first joined, he weighed **108 kg** with a visceral fat level above 20 — a serious health concern.

Today, after dedication and consistency, Abdulaziz has transformed his life:

- Current weight: 77 kg
- Body fat reduced by: nearly 40%
- Visceral fat dropped to: a healthy 9

Abdulaziz's story is a true example of what happens when science, consistency, and support come together.

His results remind us that transformation is possible — and sustainable — with the Fast Fit system.

"I'm thrilled with the progress I've made during my time here. Thanks to the fantastic facility and the guidance of your expert trainers, I've been able to completely transform my health. This journey has been life-changing, and I owe a great deal of that success to the wonderful staff and trainers I've had the pleasure of working with."

TRAINER SPOTLIGHT



Passionate, dedicated, and results-driven — Mayan Bukhari is one of Fast Fit’s standout trainers. Her approach is built on teamwork, precision, and a deep understanding of EMS training’s unique benefits.

What makes Mayan stand out is not only her ability to deliver transformative sessions but also the trust she builds with every member she trains.

Her motivational style and genuine care inspire members to stay committed to their fitness journeys, making her one of the most impactful trainers in our community.

With Mayan, training goes beyond the workout — it’s about creating lasting results and building confidence that carries into every aspect of life.

“We’ll work as a team using targeted EMS training to build strength, enhance mind-body control, and support effective fat loss toward your goals.”



WHAT WE ACHIEVED LAST MONTH

August was a remarkable month for Fast Fit, marked by new opportunities, exclusive partnerships, and prestigious recognition. Here's a glimpse of what we accomplished:

Exclusive Collaborations for Fast Fit Members

Fast Fit launched premium collaborations designed exclusively for our members, their first-degree relatives, and valued clients:

Ocean Spa For Gents:



Members can enjoy a 20% discount on all services, including jacuzzi, steam rooms, massages, Moroccan hammam treatments, pedicures, and skin therapies. Complimentary tea, coffee, and juices are included.

Diép Spa For Ladies:



Members can enjoy a 20% discount on all services, including jacuzzi, steam rooms, massages, Moroccan hammam treatments, pedicures, and skin therapies. Complimentary tea, coffee, and juices are included.

Al Mabat Serviced Apartments For Relatives and Friends:



Guests visiting our members can enjoy a 15% discount on premium stays in Riyadh. (Not applicable during public or official holidays.)

Fast Fit Recognized as the Largest EMS Fitness Provider in the MiddleEast

We are proud to share that Fast Fit has been recognized as the Largest EMS Fitness Provider in the Middle East for 2025 by World Business Outlook.

This achievement reflects the dedication, expertise, and passion of our entire team — from trainers empowering members in every session to the operational teams ensuring seamless experiences across branches.

Being acknowledged on a regional stage of this scale reinforces Fast Fit's position as a **leader in EMS innovation** and inspires us to continue pushing boundaries in fitness.



WHAT WE PLAN NEXT MONTH

September is shaping up to be an exciting month for Fast Fit, with new opportunities to engage members, showcase innovation, and elevate the fitness experience:

FIBO Arabia 2025



Fast Fit is gearing up for FIBO Arabia 2025 with an experience you won't want to miss. Expect cutting-edge EMS demos, exclusive perks, and a sneak peek into the future of fitness — all in just 20 minutes. Stay tuned and discover why Fast Fit is redefining what's possible.

Stronger Member Connections

We're expanding engagement across our WhatsApp communities with polls, interactive Q&As, and meaningful conversations — helping us listen better, respond faster, and strengthen the Fast Fit community.

These initiatives reflect our ongoing commitment to innovation, accessibility, and member-first service — helping everyone train smarter, recover better, and achieve real results in just 20 minutes.

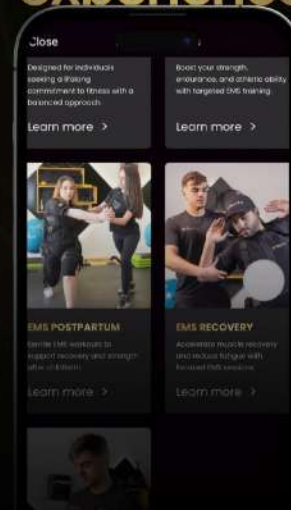
Download the New Fast Fit App on



We are actively finalizing the Fast Fit app for Android, bringing seamless access to workouts, progress tracking, and personalized training plans to even more members across the region. Stay tuned — a smarter, more intuitive app experience is just around the corner.



Enhanced user experience



Continuous updates are underway to make the app even more intuitive, responsive, and tailored to each member's journey.

Expect smoother navigation, faster load times, and enriched features that simplify training and tracking.



EMS TRAINING INSIGHTS

Precision. Power. Progress.

EMS training is more than just a fast workout — it's a highly targeted, science-driven method to strengthen muscles, boost metabolism, and transform your body efficiently. This month, let's focus on mind-muscle connection and session intensity, two often overlooked keys to maximizing results:

Engage Every Muscle:

Success isn't just about the duration of the session — it's about activating the right muscles with each contraction. Concentrate on controlled movements and proper posture. The better your focus, the more efficient each session becomes.

Intensity Matters:

EMS is designed to stimulate muscles at higher levels than traditional workouts. By gradually increasing intensity while maintaining form, you challenge your body safely and effectively — ensuring real, measurable results.

Recovery Integration:

Even the most precise session is only part of the equation. Light stretching, hydration, and short rest periods between workouts amplify gains and help your body adapt.

Consistency Is Key:

Small, intentional sessions every week create lasting transformation. EMS isn't about extremes — it's about smart, repeatable training that compounds over time.

Train with focus. Challenge your limits. Celebrate progress. With Fast Fit EMS, every minute counts — and every session moves you closer to your goals.



HEALTH INSIGHT



THE SECRET OF LONGEVITY

Optimize Muscle Repair:

During recovery, muscles rebuild stronger. Adequate rest combined with proper hydration, nutrition, and light stretching ensures you maximize every contraction from your EMS session.

Protect Against Injury:

Even short EMS sessions place demand on muscles and joints. Recovery strengthens connective tissue, improves flexibility, and reduces the risk of strain or overtraining.

At Fast Fit, we emphasize that training smarter includes resting smarter. Efficiency isn't just about 20 minutes of exercise — it's about giving your body the tools it needs to perform, repair, and thrive.

The Power of Recovery: Why Rest Fuels Results

Exercise is only half the story — recovery is where the body adapts, strengthens, and transforms. EMS training delivers efficiency in every session, but how you recover determines the lasting impact on your health and performance.

Support Hormonal Balance:

Consistent recovery helps regulate stress hormones like cortisol while supporting growth hormone release, which aids fat metabolism, muscle repair, and overall vitality.

Boost Mental Performance:

Recovery isn't just physical — it improves focus, mood, and mental clarity. Quality rest reduces fatigue, helping you tackle workouts and daily life with energy and confidence.

FAST FIT AT FIBO ARABIA 2025

Something Exciting Awaits You

Fast Fit is gearing up for **FIBO Arabia 2025**, and we have an experience you won't want to miss. From cutting-edge EMS demonstrations to exclusive member perks, there's a lot to discover – but we're keeping the details under wraps for now.

One thing is certain: visiting us at FIBO Arabia will give you a sneak peek into the future of fitness, and an opportunity to see why Fast Fit is redefining what's possible in just 20 minutes.

Stay tuned and come see what all the excitement is about – your next level of fitness awaits.

FIBO

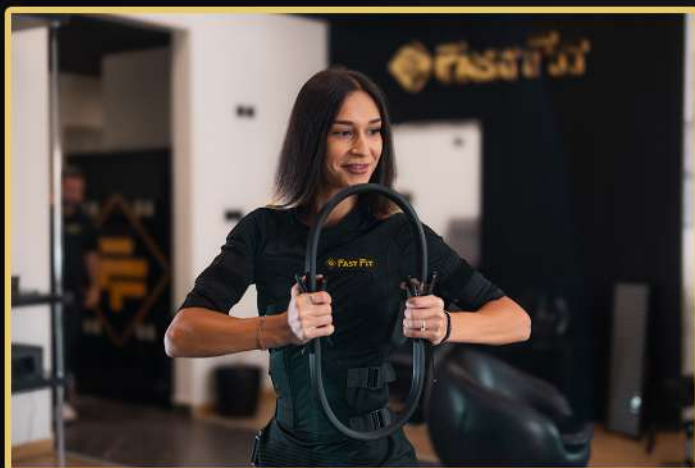
ARABIA

COMMUNITY HIGHLIGHTS & PHOTOS

August brought fresh energy and exciting milestones to Fast Fit.

Our members pushed their limits in EMS sessions, explored innovative recovery experiences, and celebrated personal achievements together.

From exclusive wellness collaborations to community challenges, the month showcased the strength, dedication, and unity that make our Fast Fit Community truly unique.





FAST FIT

Contact us: info@fastfit-ems.com | www.fastfit-ems.com
Follow, share, and join the movement today!

Connect with us on:



Don't miss upcoming events, webinars, and new content series. Stay tuned and be part of our thriving Fast Fit Community!